

THE TIMES DAILY MAGAZINE PAGE

Edible Roots Furnish Fall Table With Vegetables Necessary Starch Food

Hubbard Squash, Knob Celery, Oyster Plant, Winter Beets, Carrots, and Parsnips Have Many Values Yet to Be Widely Appreciated.

By MRS. CHRISTINE FREDERICK
(Copyright, 1915, by Mrs. Christine Frederick.)

If one were to make a broad distinction between the vegetables of summer and the vegetables of winter, it could be expressed best by stating that summer vegetables are succulent or juicy, while winter vegetables are solid and starchy. That is, we have cucumbers, tomatoes, asparagus, and radishes which, with their watery contents, are just suited to refresh during the warm season, while, with the natural coming of cold weather, so much juice is not desired, and we find the winter vegetables like Hubbard squash, knob celery, oyster plant, winter beets, and carrots.

Nature has thus wisely stored in winter vegetables more starch, so that they will prove a more nourishing source of food. It is noted, too, that many of the winter vegetables are of the root type, with a knob or root in which the starch is stored. Many of these should be more widely used and their true value appreciated. While canned goods have a distinct place in home economy, it is pure extravagance to start using canned asparagus or canned peas in winter, when so many of the root vegetables are in their prime.

Value of Knob Celery.

Of these edible roots, knob or knot celery is far too little used. This is a species of celery in which the edible portion consists of an irregular knob the size of one's fist. It has the true celery flavor, and is far less expensive than the usual kind in which the stalk only is eaten. This knob can be bought generally three or four for a dime, and should be carefully peeled. It can then be cut up in slices or slices, stewed gently and served with cream sauce or in other ways. It also makes

a delicious salad, and can be combined with oysters or other foods in place of regular celery.

Another curious root not as popular as it deserves to be is oyster plant or asafetida. This has a most delicate, delightful flavor, and the root itself is not fibrous or coarse. This may be boiled after careful scraping and served in a variety of ways either with a cream sauce, scalloped in a baking dish or it is the basis of a cream soup. When cold and cut in inch lengths and served with a French dressing, it tastes not unlike asparagus. Its price is usually 7 or 8 cents for a bunch, which will make sufficient for a small family. As it blackens when peeled, it should be thrown at once into cold water.

Parsnips and Beets.

Last perhaps comes the despised parsnip, which only the vegetarians truly appreciate. It is the coarsest root of all with a distinct pith down the center. When, however, carefully boiled or steamed, the softer portion of the parsnip can be beaten and used as a mashed potato, or combined in a frit-frit batter, or made into a baked dish, which is very delicious.

Beets are another form of a common vegetable with the root accentuated. They are at their prime in the fall, and although the housekeeper knows them usually only in connection with a bunch of "soup-beets," the leafy tops themselves have culinary possibilities. A quite ravishing salad was made of it when boiled and eaten cold with a French dressing, pepper, vinegar and oil. It can be stewed in tomato sauce, and like the okra combines excellently with rice.

The carrot and the beet in the coarser winter variety have been used always, but even they are capable of new combinations in the baking dish—baked, or as the basis for soups and purees. The humble, inexpensive root should find more favor with the housewife.

"Dancing Is Still Popular, But I Do Hate My Feet!" Says Bonnie Glass, Modern Dancer

A Young and Highly Successful Interpreter of the Fox-Trot, Tango, One-Step, and Other Trifles Thinks That Interest Has Not Subsided.

Footnotes

By BONNIE GLASS.

Any one who says that interest in dancing has subsided is talking bosh. Folks are just beginning to find out how easy the new dances are.

I hate my feet. All feet are ugly and horny.

No feet can be beautiful except in rare cases.

Mrs. Claude Grahame-White and Lady Constance Stewart Richardson have the only pretty feet I know of.

The old folks won't let the interest in the dances die out.

They find that it makes them young again.

New York is doing the tango now.

But She Hates Her Feet, and Cannot Endure the Thought of Any But Those of Mrs. Claude Grahame-White—They, She Says, Are Rarely Beautiful.

By FLORENCE E. YODER.

"A" NT one who says that the interest in dancing has subsided is talking bosh," and Bonnie Glass reflectively removed the stage eyelashes from one blue orb. Her hair was Mrs. Vernon-Castell straight back from her forehead, and her satiny pink cheeks were gray with cold cream.

She hesitated before depriving herself of the other set of luxuriant lashes, to modestly make a concession—"It is possible that interest in dancing on the stage has subsided, but at dance halls and private functions—never!"

After reading a rather bold statement in the Dramatic Mirror to the effect that interest in dancing was dying out, this remark came as a stimulant.

And Bonnie Glass should know, for she is straight from New York and has a brand new dancing act, with a full orchestra and a dance partner of her own. Really one would think that after all of the name and fame that her two feet have brought her she would value them highly, but it developed later on that she not only didn't do so but she hated them! Traitresse!

"People are just beginning to know how easy the dances are," she resumed, after the delicate eyelash operation was over. "They are not going to let them slide now. The old folks if no one else will hang on to them. Take a piece of gum?"

I accepted, she refreshed herself, and as she attacked her wavy, close-growing brown hair she chatted amiably.

"All that a person needs to know them, is nerve. They are very, very easy. Why the one-step is nothing on earth but a plain walk. Folks in New York don't think that the hot weather. I don't think that there will be very many new ones added to the repertoire."

She was cold creamed and her hair was dressed, and she slipped a plain shirred green velvet skirt over her head after the manner of women and fastened it with deft fingers.

"But the old people in New York will keep the dances going. I never saw anything like it. Why there are men I know who have actually become ten years younger by dancing, and they know it, too. Now I—I—I she choked and smiled. "I nearly swallowed my gum," she explained.

"But the old people in New York will keep the dances going. I never saw anything like it. Why there are men I know who have actually become ten years younger by dancing, and they know it, too. Now I—I—I she choked and smiled. "I nearly swallowed my gum," she explained.

But no sooner were they uncovered than she tucked them neatly under her chair. Murmurs of "Oh, don't mind us," came from her little audience, but little did they wet of the outburst they were to provoke.

"Indeed, I will mind," said Miss Glass, and her pretty childish face belied its ugliness by her mature and thoughtful expression.

A woolly, purple sweater, just the luscious color of sun-ripened grapes, is \$10 at one of the stores. It is just the shade that can be matched in one of those purple hats that are the last cry in fashionable millinery. Such a sweater and hat would look extremely decorative in a car—say one of French gray touched with black.

The loveliest of soft velvet—or rather velour—carpets are on display in the show windows of a rug shop in H street. One is of soft blue, with a border of dainty, pale France roses. The size is seven by twelve feet and the price \$35. There are about six possible combinations of plain color at the same price.

(Information giving the names of shops which carry the articles referred to in these columns will be furnished on request. Kindly mention date of issue when possible, and address "The Shopper.")

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.



Ungrateful Bonnie Glass, Sitting On Her Feet Because She Hates Them.

graceful movements in the hot weather. I don't think that there will be very many new ones added to the repertoire."

She was cold creamed and her hair was dressed, and she slipped a plain shirred green velvet skirt over her head after the manner of women and fastened it with deft fingers.

"But the old people in New York will keep the dances going. I never saw anything like it. Why there are men I know who have actually become ten years younger by dancing, and they know it, too. Now I—I—I she choked and smiled. "I nearly swallowed my gum," she explained.

"But the old people in New York will keep the dances going. I never saw anything like it. Why there are men I know who have actually become ten years younger by dancing, and they know it, too. Now I—I—I she choked and smiled. "I nearly swallowed my gum," she explained.

But no sooner were they uncovered than she tucked them neatly under her chair. Murmurs of "Oh, don't mind us," came from her little audience, but little did they wet of the outburst they were to provoke.

"Indeed, I will mind," said Miss Glass, and her pretty childish face belied its ugliness by her mature and thoughtful expression.

A woolly, purple sweater, just the luscious color of sun-ripened grapes, is \$10 at one of the stores. It is just the shade that can be matched in one of those purple hats that are the last cry in fashionable millinery. Such a sweater and hat would look extremely decorative in a car—say one of French gray touched with black.

The loveliest of soft velvet—or rather velour—carpets are on display in the show windows of a rug shop in H street. One is of soft blue, with a border of dainty, pale France roses. The size is seven by twelve feet and the price \$35. There are about six possible combinations of plain color at the same price.

(Information giving the names of shops which carry the articles referred to in these columns will be furnished on request. Kindly mention date of issue when possible, and address "The Shopper.")

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

ture and rueful blue eyes. "I hate feet, I think they are the ugliest things I ever saw. No one has pretty feet!"

"Why, Bonnie Glass?" sputtered the Female Friend, "you ought to be ashamed of yourself, after all your feet have done for you!"

"I don't care," reiterated the ungrateful young woman, setting her cupid's bow mouth in a surprisingly straight line. "Feet are horny, ugly things. But I take back what I said. There is one person I know, maybe two, with pretty feet. Mrs. Claude Grahame-White has the prettiest feet you ever saw. She smiled with joy at the memory of them, but made a little grimace, too, as she added, "But they ought to be. You should see the care she takes of them!"

Pinked and manicured and touched just like hands, Lady Constance Stewart Richardson is the other exception."

By this time the shoes were on and the debated feet covered up, and she stood to put on her coat, green velvet, too, with a voluminous pointed skirt rimmed with fur. She fitted a tam to match neatly over one ear, and pulled out her hair with a bit here and there.

We onlookers were meek and completely covered until the talk shifted to the murderous ways of strange haidressers and manicurists. Miss Glass admitted to having had her fingers nearly cut off, and her hair almost pulled out by the roots. The conversation waxed brilliant, but too

full of hyperbole for reproduction here. In a moment more Miss Glass announced that she was ready, and out we trooped in the wake of her despised but remunerative feet.

Four years ago Miss Bonnie was not thinking of a stage career at all. She is one of the successful young women who have risen on the crest of the wave of popular dancing which swept the country. Before Maurice had opened his theater, she danced one night with a young man in a cafe in New York, and to her surprise was offered money to repeat the experiment. After it had ceased to be a novelty, and had become her profession, she went to Chicago, and then came back to New York, where she opened an inn of her own, and which, though not under the same name, is still running.

Barely year ago she took her first turn on the real stage, when she was just twenty-three years of age. She is twenty-four, has her own company, and is very successful, and yet—she hates her feet!

"Oh, sharper than a serpent's tooth, Bonnie!"

"Sharper than a serpent's tooth, Bonnie!"

"Sharper than a serpent's tooth, Bonnie!"

"Sharper than a serpent's tooth, Bonnie!"

Fear No Uric Acid Nor Yet Take Lithia

By DR. L. K. HIRSBERG.
(Copyright, 1915, Newspaper Feature Service.)

W HENEVER one pokes at you the words "take lithia to dissolve uric acid," it is your turn to laugh.

The widely extended fallacy that "uric acid" is a malicious element in the human tissues, responsible for a myriad of malign maladies, is one of the most difficult of all lies to disgorge and destroy. Like the poetical ghost of Banquo, truth falls either to lay it or flay it.

Uric acid, in fact, is in everybody's blood and always in the waste fluids. It is present, either actually or potentially, in practically every meat and vegetable you eat.

Next to this mischievous falsehood stands shoulder to shoulder the blood brother banality, "lithia water," "lithia salts," and other lithia magic.

You are told, and you yearn to believe, that the salts of lithia have an Aladdin-like power to "dissolve," to destroy or to cure you of all the manifold ills conferred by "uric acid in the blood."

If your symptoms, whatever they be, from headache to housemaid's knee, disappear, you go away convinced that lithia, or something else, did what the balmy professors claimed it would do—that is, cure a non-existent cause. If it fails, nothing is said.

Very Little Lithia.

You are told a guessed cause. The instant you accept—as you commonly do—that it is the cause, they get you by giving a new panacea. Thus it is easy to cure an absent cause. If you fall in with "uric acid" absurdities, what more natural than you should also accept the "lithia" cure. One is fish, the other fowl; one is the hook, the other is the line.

Two hundred thousand gallons of the most popular lithia water on the market today does not contain much more than one five-grain lithia tablet. A whole family would not drink that much in a lifetime.

The reasons that physicians may at times prescribe lithia water or lithia tablets are these: Many persons who should drink copious quantities of fluid will not do so ordinarily. They forget it. They are not interested enough. They consider spigot water too common or too cheap.

Uses of Lithia.

Prescribe them a special water, around which they build an idea, a virtue or a halo of purity, and, lo, they will consume the amount of fluid the adviser considers needful for them.

Lithia tablets are usually salty citrates of lithia. Often the density, thickness or coagulability of the blood is so great that it becomes necessary to thin it. Thanks to the discovery of Sir Almuth E. Wright, the great army surgeon, it was found that citric acid and its salts effect this purpose. Therefore, physicians at times feel called upon to advise this soluble lithia salt.

Moreover, and finally, let it be said that citrate of lithia, given along with hexamethylenetetramine and other drugs, liberates formaldehyde and makes it a strong internal antiseptic, which it would not be, given alone.

PERSONAL ADVICE.

Readers desiring a personal reply should remember:
1. To address inquiries to Dr. L. K. Hirschberg, care of The Washington Times.
2. To enclose a stamped and addressed envelope.

ADVICE TO GIRLS

By Annie Laurie

Dear Miss Laurie: Will you please advise through the column of The Times whether or not it is proper for a widow of six months to wear black ostrich plume on her hat this winter? A WIDOW.

EVEN though the etiquette of mourning is much less strict than in former years, I should not deem it proper for a widow to wear anything as dressy as an ostrich plume for at least a year after her bereavement. In fact, it is better to err on the side of good form and wait for two years.

Dear Miss Laurie—I am fifteen years old and five years ago I was a girl. Can you tell me how long my dresses should be, and how should I wear my hair?

Dresses are being worn so short now that it's hard to tell girls in their teens from grown-up sisters in their twenties and thirties. I should think eight inches from the ground would be the right length for your skirts.

Since I don't know what type of face you have, I don't exactly know how to tell you how to wear your hair. It is becoming to most girls to make a French twist of the front hair and have a curl at the back, tied with a bow. Some people can wear their hair with the bobbed effect in front and a barrette or a ribbon at the back. Many are returning to a style of low hairdressing, with the hair parted at the center and drawn back plainly at the sides. Try doing your hair various ways until you find a style that seems to suit you best. Don't put it up on your head with hairpins until you are at least a year or two older. It will increase your chances of a healthy head of hair.

Dear Miss Laurie: We are girls of about eighteen, and go together quite a lot. Although we are not handsome or stylish, we are not so bad looking. We cannot get boys to call after they have once visited us. We have fair educations, read the daily papers, and are up on daily topics. We dance, play cards, and go in for athletics. Cannot you

give us some hint of our defect? Also, do you think it right for a girl to allow a young man to kiss her good-night, even though she knows him well? We have often been called goody-goodies for refusing.

YOUR FRIENDS.

Your letter is typical of many I receive. They form about a third of my mail, and are the hardest to solve. The question is one that has received the consideration of many a woman's magazine, yet no one seems to be able to solve the riddle. Why is it that a sensible girl, one by no means a prude, but always a lady, cannot make friends as rapidly as the girl with less brains, perhaps, and also less—shall we call it—self-respect?

I should like to have some of the men who read this column give their opinion and their explanation of it. It would prove interesting, and I am sure, enlightening, to a number of the girl readers.

Keep on being called goody-goodies, girls, and you will find that it is by way of being a compliment.

Dear Miss Laurie—I have been married for nearly two months, and have kept it a secret as long as some of the boys are finding out about it. How can I convince them to believe the other way?

Why did you get married if you are ashamed of it? If you didn't want people to know about it, why didn't you wait until you could face the world and tell them about it? I must say I don't care for your attitude in the matter at all. Marriage should be a joyous occasion, not a secret as if you had committed a crime.

Dear Annie Laurie: Is it proper for a girl to accept a present from a gentleman friend to whom she is not engaged?

GRUDGENT.

It is not considered proper for a girl to receive expensive presents such as jewelry from a man to whom she is not engaged. Flowers, candy and the like are the usual gifts she may accept.

Only such letters as present some problem of general interest can be answered in this column. Legal advice cannot be given. Miss Laurie will be glad to answer specific personal inquiries if a stamped, addressed envelope is enclosed.

(Copyright, 1915, Newspaper Feature Service.)

Seen In The Shops

By THE SHOPPER.

N OW that crisp days forecast October's "bright, blue weather" it's time to begin to plan a few motor trips. How about packing up a generous lunch next Sunday, and motoring as far as the car will take you? You haven't a lunch kit? Then let one of the local department stores solve your troubles. For \$10.00 one in a leatherette case, with six plates, six spoons, knives and forks, six glass cups, six glasses, a miniature ice chest and plenty of room for extra. Others at \$15 are even more complete, with cups and bottles and other fittings.

A woolly, purple sweater, just the luscious color of sun-ripened grapes, is \$10 at one of the stores. It is just the shade that can be matched in one of those purple hats that are the last cry in fashionable millinery. Such a sweater and hat would look extremely decorative in a car—say one of French gray touched with black.

The loveliest of soft velvet—or rather velour—carpets are on display in the show windows of a rug shop in H street. One is of soft blue, with a border of dainty, pale France roses. The size is seven by twelve feet and the price \$35. There are about six possible combinations of plain color at the same price.

(Information giving the names of shops which carry the articles referred to in these columns will be furnished on request. Kindly mention date of issue when possible, and address "The Shopper.")

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

graceful movements in the hot weather. I don't think that there will be very many new ones added to the repertoire."

She was cold creamed and her hair was dressed, and she slipped a plain shirred green velvet skirt over her head after the manner of women and fastened it with deft fingers.

"But the old people in New York will keep the dances going. I never saw anything like it. Why there are men I know who have actually become ten years younger by dancing, and they know it, too. Now I—I—I she choked and smiled. "I nearly swallowed my gum," she explained.

"But the old people in New York will keep the dances going. I never saw anything like it. Why there are men I know who have actually become ten years younger by dancing, and they know it, too. Now I—I—I she choked and smiled. "I nearly swallowed my gum," she explained.

But no sooner were they uncovered than she tucked them neatly under her chair. Murmurs of "Oh, don't mind us," came from her little audience, but little did they wet of the outburst they were to provoke.

"Indeed, I will mind," said Miss Glass, and her pretty childish face belied its ugliness by her mature and thoughtful expression.

A woolly, purple sweater, just the luscious color of sun-ripened grapes, is \$10 at one of the stores. It is just the shade that can be matched in one of those purple hats that are the last cry in fashionable millinery. Such a sweater and hat would look extremely decorative in a car—say one of French gray touched with black.

The loveliest of soft velvet—or rather velour—carpets are on display in the show windows of a rug shop in H street. One is of soft blue, with a border of dainty, pale France roses. The size is seven by twelve feet and the price \$35. There are about six possible combinations of plain color at the same price.

(Information giving the names of shops which carry the articles referred to in these columns will be furnished on request. Kindly mention date of issue when possible, and address "The Shopper.")

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

NOTE—Sargol is recommended only as a flesh builder and while it has produced excellent results in cases of nervous indigestion and general stomach disorders care should be taken by those using it who do not want to increase weight.—Adv.

ture and rueful blue eyes. "I hate feet, I think they are the ugliest things I ever saw. No one has pretty feet!"

"Why, Bonnie Glass?" sputtered the Female Friend, "you ought to be ashamed of yourself, after all your feet have done for you!"

"I don't care," reiterated the ungrateful young woman, setting her cupid's bow mouth in a surprisingly straight line. "Feet are horny, ugly things. But I take back what I said. There is one person I know, maybe two, with pretty feet. Mrs. Claude Grahame-White has the prettiest feet you ever saw. She smiled with joy at the memory of them, but made a little grimace, too, as she added, "But they ought to be. You should see the care she takes of them!"

Pinked and manicured and touched just like hands, Lady Constance Stewart Richardson is the other exception."

By this time the shoes were on and the debated feet covered up, and she stood to put on her coat, green velvet, too, with a voluminous pointed skirt rimmed with fur. She fitted a tam to match neatly over one ear, and pulled out her hair with a bit here and there.

We onlookers were meek and completely covered until the talk shifted to the murderous ways of strange haidressers and manicurists. Miss Glass admitted to having had her fingers nearly cut off, and her hair almost pulled out by the roots. The conversation waxed brilliant, but too

full of hyperbole for reproduction here. In a moment more Miss Glass announced that she was ready, and out we trooped in the wake of her despised but remunerative feet.

Four years ago Miss Bonnie was not thinking of a stage career at all. She is one of the successful young women who have risen on the crest of the wave of popular dancing which swept the country. Before Maurice had opened his theater, she danced one night with a young man in a cafe in New York, and to her surprise was offered money to repeat the experiment. After it had ceased to be a novelty, and had become her profession, she went to Chicago, and then came back to New York, where she opened an inn of her own, and which, though not under the same name, is still running.

Barely year ago she took her first turn on the real stage, when she was just twenty-three years of age. She is twenty-four, has her own company, and is very successful, and yet—she hates her feet!

"Oh, sharper than a serpent's tooth, Bonnie!"

"Sharper than a serpent's tooth, Bonnie!"

"Sharper than a serpent's tooth, Bonnie!"